

Diversify your choice & switch your fish!

Populations of predatory fish species such as **Shark (Flake)**, **Tuna** and **Swordfish** have been reduced to only **10%** of what they were in the 1950s.

Try something different, eat lower on the food chain (these fish regenerate more quickly) and give the popular species a break to preserve the balance of the ocean and ensure that future generations can enjoy them too.

Educate yourself & ask questions

In Australia, country of origin labelling is now legally required for seafood products, but there's still a lot missing from labels, such as fishing and farming method and standardised species names.

Be a savvy shopper, ask questions and use our easy **Switch Your Fish Guide** on the back to make an informed choice.

Buy local

A whopping 72% of the seafood Aussies eat is imported. Cheap imports are often fished and farmed without the same regulation, which adds to the environmental pressure placed on our oceans.

Support local communities and sustainable fisheries where possible and if you are buying fish from overseas look for accreditation logos (i.e. MSC) and sustainable fish species.

5 EASY STEPS TO

Fish is still meat, so make it a treat

13 of the world's 17 fishing zones have already been depleted or are in serious decline. Australians chomp through an average of 25kg of seafood each year, the world average is 17kg per person.

Want to save the ocean and preserve fish for future generations? Start by eating your greens. Make seafood a treat by choosing it less often and when you do, enjoy sensible portions of sustainable species that haven't been overfished or harvested using destructive methods.

SUSTAINABLE SEAFOOD

Buy fresh & reduce plastic pollution

Australians dispose of 1.9 million tonnes of plastic packaging every year – that's enough to fill the MCG 9 times over! A gigantic plastic soup twice the size of France, containing over 100 million tonnes of waste has now formed in the Pacific Ocean and more than **one million birds and marine animals die** each year from consuming or becoming caught in plastic and other debris.

Buy fresh to avoid unnecessary packaging. Fresh seafood will have been caught closer to where it is sold and thus have travelled a shorter distance to reach your plate.



Hungry for more?

Visit our **Fishy Business** section at sustainabletable.org.au

Go into the draw to *win a prize!* Here's how:



Like us on facebook (facebook.com/thesustainabletable) and post a photo of your dish or dinner party to our page.



Follow us on twitter ([@SustainTable](https://twitter.com/SustainTable)). Tweet a photo of your dish or dinner party and tag us using [@SustainTable](https://twitter.com/SustainTable) and [#GiveaFork!](https://twitter.com/GiveaFork)

Switch the Fish

& find what's right for your dish

GoodFishBadFish

goodfishbadfish.com.au

Based on information from the GoodFishBadFish 'Seafood Converter'

COOKING TECHNIQUE	Avoid	Try	Also good
PAN-FRY	Orange Roughy (AKA Sea Perch or Deep-Sea Perch)	Bream Mullet Whiting Flathead	Australian Herring (AKA Tommy Ruff) Australian Sardine Luderick Snapper (Victorian)** Squid & Calamari Trevally
GRILL OR BBQ	Swordfish or Marlin	Bonito Mahi Mahi Spanish Mackerel Leatherjacket	Australian Salmon (AKA Bay Trout)* Australian Sardine Bream Flathead Leatherjacket Luderick Mullet Octopus Squid & Calamari Tailor Trevally
	Imported Prawns	Local wild prawns, especially King Prawns from the Spencer Gulf, SA and Banana, Tiger and Endeavour Prawns from the Northern Prawn Fishery, which both have MSC certification.	Crab Squid & Calamari
BRAISE, CURRY OR STEW	Skate or Ray	Leatherjacket Mahi Mahi Mackerel Trevally	Bonito Crab Luderick Mussels Octopus Snapper (Victorian)**
RAW, CURED, SMOKED OR PICKLED	Bluefin Tuna or Sea-Cage farmed Atlantic Salmon	Bonito Mackerel Whiting	Australian Salmon (AKA Bay Trout)* Flathead Mullet Mussels Octopus Oysters Snapper (Victorian)**
DEEP-FRY	Shark (Flake)	Bream Flathead Whiting	Mackerel Trevally Squid & Calamari

* Australian Salmon are an oily, schooling species of fish found in coastal waters throughout southern Australia. They are well known to recreational beach fishers. They are related to Australian Herring (Tommy Ruff), rather than the orange-fleshed Atlantic Salmon. Do not confuse them with Australian-grown Atlantic Salmon, which is grown in Open-Pen Sea Cages in Tasmania.

** Snapper from Port Phillip Bay, Victoria, has been found to be sustainable by the Australian Conservation Foundation's Sustainable Australian Seafood Assessment Program. Other stocks may be overfished.

MUSSEL STEW WITH FENNEL, POTATO AND SAFFRON

Serves 4

1 kg Australian Blue Mussels	1 onion	bay leaf and a sprig of thyme
1 cup white wine	1 carrot	400g of kipfler or other waxy potato
1 pinch saffron	2 sticks of celery	2 cups fish or vegetable stock
2 tbsp olive oil	2 leeks	1 handful of parsley
1 small bulb of fennel	2 cloves garlic	salt and pepper
		fresh crusty bread, to serve

De-beard the mussels by gently tugging on the fibrous strands that come out of the hinge. Scrub mussels under cold water and discard any broken shells.

Heat a large, heavy based saucepan, add the mussels and wine and cover with a lid. Bring to the boil before reducing the heat and cook for 4-5 minutes, occasionally shaking the pan. Check that mussels have opened, if not, cook for 1-2 minutes more.

Pour the mussels through a fine strainer, reserving cooking liquid. When cool enough to handle, remove the mussels from their shells, leaving a couple whole for presentation. Add the saffron to the reserved mussel liquid and set aside until needed.

Roughly chop the fennel, onion, carrot, celery, leek and garlic. In a clean pan, heat oil and sweat vegetables, thyme and bay leaf for 5-10 minutes, or until softened. Add the potatoes, saffron infused mussel liquid, and stock. Simmer for approx. 15 minutes, until potato is soft.

○ Add the reserved mussels back to the pot and heat briefly. Do not boil or overcook at this point or the mussels will become tough and rubbery. Season to taste and garnish with chopped parsley.

○ Serve with fresh crusty bread.

